

## Part 4

Read the article and answer the questions. Write a maximum of five words for each answer. An example is done for you.

### Britain: a nation of dieters?

Britain was branded a nation of failed serial dieters yesterday. Millions eagerly try every new weight-loss fad or fitness craze, but at least half give up after less than a month. A survey found that most blamed their failure on a lack of time or money. But the study suggested lack of willpower was a major factor.

The survey of 2,000 men and women - commissioned by Marks and Spencer - found losing weight was the most important thing on people's minds at the start of the year. Some 49 per cent put it ahead of getting fit and making more money as a must for the year ahead. Waistlines were the biggest cause of concern, with almost 40% citing a slimmer tummy as the most important goal.

Yet, half of those asked admitted that it took less than a month for their willpower to crack, slipping back into unhealthy diets and eating lots of fattening treats. Chocolate was voted the hardest to resist, ahead of crisps and cheese. Four in ten blamed their failure on lack of cash to spend on gym membership and healthy foods. Almost as many said they simply did not have the time for food preparation and exercise.

The figures will make grim reading for government experts trying to stop the nation's obesity epidemic. Half of the adults in England are obese or overweight, while obesity in children has leapt 25 per cent over the last 15 years, as they drink more and more fizzy drinks containing sugar and eat more and more junk food. This is serious since obesity cuts life expectancy by nine years, on average, and increases the risk of health problems such as heart disease, diabetes, stroke and some cancers.

Jenny Arthur, Marks and Spencer's food nutritionist, said: 'People are fooled into believing they need to follow an expensive eating plan, swapping balanced meals for drink replacement meals or a meat-enriched diet such as Atkins diet. It's a misconception that healthy eating is time consuming and expensive; there are a number of quick and easy options available and a lot of the time it's more about watching what you eat and how much you eat. Dieters should set themselves achievable targets, and give themselves 'mini-rewards' when they reach a target. It also helps to find a friend who wants to lose weight and call them if you are feeling miserable. Another good idea is to write down all the reasons why you want to lose weight. This should be kept to hand for whenever temptation raises its head.

**Example:** How long do most people manage to stick to a diet?  
.....  
*under a month*

1. What is the real reason people don't diet successfully?  
.....

2. Who paid for the study?  
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3. What part of the body are people most worried about?  
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4. What has gone up by a quarter?  
.....

5. By how much might your life be shortened if you are very overweight?  
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6. What do people mistakenly believe healthy eating is?  
.....

7. When you achieve something what should you give yourself?  
.....

Total: 7 marks  
Total marks for Reading: 26